

FLEXIBLE DATES/TIMES • VIRTUAL & IN-PERSON OPTIONS • GROUP/STUDENT RATES AVAILABLE



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA

MENTAL HEALTH FIRST AID TRAINING



WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This 9 - hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

THIS COURSE WILL TEACH YOU HOW TO APPLY THE **ALGES** ACTION PLAN

- Assess** for risk of suicide or harm
- Listen** non judgmentally
- Give** reassurance and information
- Encourage** appropriate professional help, self help and other support strategies
- Self-care** for the first aider



People in Canada will experience a mental health problem or illness in any given year

au Canada sera aux prises avec un problème lié à la santé mentale ou une maladie mentale au cours d'une année donnée

1 in 10
people under age 18 experience a mental health condition

500,000

Canadians, in any given week, are unable to work due to mental health problems or illnesses.

1 in 5

young people report that the pandemic had a significant negative impact on their mental health.

18%

of adolescents

23%

of young adults

WHO SHOULD TAKE THIS TRAINING?

- Educators
- Employee/Employers
- First Responders
- Students/Youth
- Hospital Staff
- Faith Leaders
- Caring Individuals
- Community Members

FOR MORE INFORMATION
ON SCHEDULING
TRAINING, VISIT:

www.commresponse.com/mhfa
Email: COMMRESPONSE@OUTLOOK.COM

